

...more benefits...

Recreation: Edible plants engage people as they grow, harvest, and eat them. Whether in a private garden or a public space, people become more involved and connected to the land and the food that they grow.



The Fruit Tree Project brings together a range of community members to harvest and share fruit.

Environment: Using edible plants to replace common ornamental plants or to fill unplanted areas enhances biodiversity. Many edible plants are also a part of local ecosystems and are food for birds and beneficial insects.

Economic: In Vancouver the average family spends almost \$4500 per year on groceries. Growing and harvesting food right from your yard or a shared space will help reduce your grocery bill.

Mt. Pleasant Community Garden: A garden plot can produce vegetables all season long in Vancouver.



Health: Edible plants are nutritious and delicious. By participating in growing and harvesting your own food you can also ensure that no chemicals are used on them.

Sustainability: Edible landscaping is another component of urban agriculture. By growing more food in our city we enhance access to local food. At the same time, this has the potential to decrease fossil fuel emissions by reducing our dependence on food that is shipped from far away places.



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Where to find more information

Web resources:

City Farmer cityfarmer.org
The Fruit Tree Project vcn.bc.ca/fruit
Environmental Youth Alliance eya.ca

Books:

The Complete Book of Edible Landscaping
by Rosalind Creasy
The Edible Container Garden
by Michael Guerra
Urban Eden
by Adam and James Caplin
Food Plants of Coastal First Peoples
by Nancy J. Turner

Phone numbers:

City Farmer's Compost Hotline 604-736-2250
UBC Hortline 604-822-5858

Gardens:

Compost Demonstration Garden at City Farmer on Maple St. & 6th Ave. has tips on composting and organic yard maintenance and there is a beautiful garden with an excellent display of food plants year round.

UBC Botanical Garden at 6804 SW Marine Dr. includes food, medicinal herb, and native plant gardens as well as fruit trees that grow well in Vancouver.

Vandusen Botanical Garden at 37th Ave. & Oak has a bountiful summer food garden provides fresh produce for the restaurant.

Strathcona Community Garden at Prior St. & Hawks Ave. provides an excellent example of a wide range of edible plants and trellised fruit trees. A lists of other community gardens in Vancouver can be found at:

vancouver.ca/parks
(search word "community gardens").



Edible Landscaping

Inside...

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The Vancouver Food Policy Council supports the development of a just and sustainable food system that fosters equitable and culturally appropriate food production, distribution and consumption, nutrition, community development, and environmental health.



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What is edible landscaping?

Edible landscaping is the use of plants that produce food in place of more commonly used ornamental plants. Many of these plants are beautiful and still provide ornamental quality while also producing edible leaves, flowers, nuts, and berries. In this way, edible plants serve "double duty" by creating the outdoor spaces and gardens we love to be in and by giving us local, healthy, and delicious food.

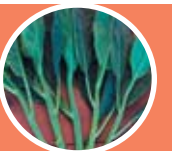
What are the benefits?

In an urban environment edible plants give more benefits than just food...

Education: The use of food plants in the landscape allows people to see how different foods grow and learn about new food plants.

Culture: There are many food plants that have important uses in different cultures. Edible landscaping provides the opportunity to grow plants that might not be readily available in grocery stores and the chance for others to learn about new foods they may have never seen before.

Gai lan is an important vegetable for cooking in many Asian cultures, but is not always sold in grocery stores.



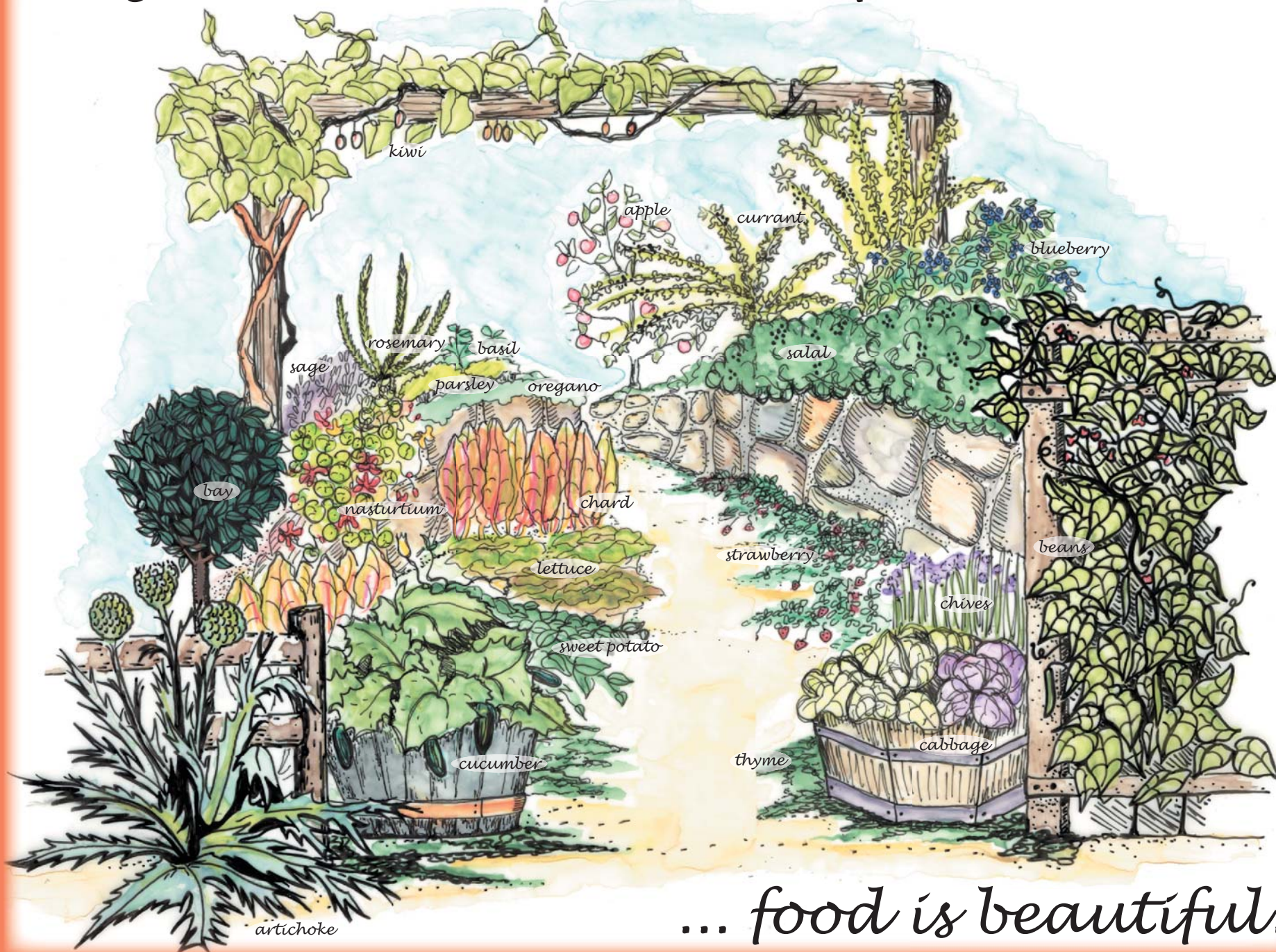
Community: Educational and cultural benefits lead to community building as people learn about different food plants. People often work together to plant, maintain, and harvest their own produce (not to mention sharing the food at a potluck or community dinner).



Working and eating bring a community together at the UBC Farm.



Imagine an edible landscape...



... food is beautiful!

What edible plants grow here?

This illustration is just an example of some of the many edible plants that can be grown in Vancouver.

Contact the City of Vancouver for more information on edible landscaping and a detailed list of edible plant species that grow well in Vancouver:

website: vancouver.ca/foodpolicy

email: foodpolicy@vancouver.ca

Where to find edible plants

Local nurseries and garden stores sell a range of edible plants that are suitable for the Vancouver area. Speak with a local grower about what species are available and what edible plants are most suitable for a specific location. Growers are knowledgeable about disease and pest resistance, soil conditions, sunlight, and watering requirements.

To find a specific plant or grower go to the Canadian Nursery Landscape Association web site and click on the "plant finder" or "find members" tabs at the top of the page:

canadanursery.com

Or call the BC Landscape & Nursery Assoc. to request a Buyer's Guide:

604-574-7772 or 1-800-421-7963

Ask a nursery about local seed catalogues.

When in doubt call ahead to a nursery to see if the plant you are looking for is available.



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